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ROBERT A. MONROE
30th OCTOBER 1915 – 17th MARCH 1995

It has been 18 years since Bob Monroe left this world and his body for the last time, to continue his journey. What an incredible legacy he left us.

The Monroe Institute, their programs & Hemi- Sync® are now available throughout the world, in many countries. People from all walks of life around the world now have the opportunity to explore and expand their consciousness with the freedom of their own in- tent not restricted by dogma, or doctrine. Curiosity was one of Bob's greatest attributes. It is what drove him to find his answers and to design programs and create exercises so that others could find their own answers. Something that he encouraged in others, not to take his word for it.

When you find your own answers and know your own truth there is a depth of knowing that is beyond someone else telling you how it is.

Bob Monroe was a consciousness pioneer. He took Out-of-Body-Experiences and the curiosity and desire to find out more of who we are, out of the closet and presented it to mainstream society and to those who were fellow seekers. This legacy he left for the generations that followed. The Gateway Voyage program is the heart of The Monroe Institute and in Bob's words this is what you can expect from it.

> *"As much or as little as you put into it. Some discover themselves and thus live more completely, more constructively. Others reach levels of awareness so profound that one such experience is enough for a lifetime. Still others become seekers-after-truth and add an on-going adventure to their daily activity."*
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> ***Robert A. Monroe***